

## Day care celebrates Earth Day with Cruisin' Critters

Pfc. ALICIA SMALL  
Chevron staff

The depot's Child Development Center was filled with gasps of excitement Tuesday during an annual Earth Day event.

Sue Miller's Cruisin' Critters, a mobile hands-on education program, came to the CDC to conduct an awareness event with the intent to educate the children about the importance of recycling and respecting the Earth.

"We like to center the Earth Day events around the kids because we feel they will benefit most from it," said Judy Michel, teacher at the depot's CDC. "Children are the future of environmental protection, and it is important they know how to do it."

During the event the children received briefs on the many furry and scaly creatures presented during the class. Miller said by incorporating animals in the Earth Day celebration, the children were able to obtain a deeper understanding of the dangers of polluting and not recycling have on Earth and its wildlife.

"If you can teach a kid to

respect an animal and not fear it, then that respect will carry on to the environment," said Miller, owner of Cruisin' Critters. "If they know that hurting the environment will hurt the animals they won't do it."

Earth Day was officially started in 1970 by Wisconsin Senator Gaylord Nelson in the belief that people needed a day to recognize environmental concerns.

There are several ways to help the planet such as planting trees to reduce greenhouse gas emissions, creating artwork from recycled items, or making birdhouses and birdfeeders to encourage the local bird population. Each year the depot hosts events to highlight environmental preservation such as the 'Clean up on the Bay' event in March. In an effort to reinforce the children's awareness on the importance of Earth Day, the Environmental Office is open to suggestions for future events.

For more information on Earth Day and Earth Day events, visit [www.iloveaclean.sandiego.com](http://www.iloveaclean.sandiego.com), or call the depot's environmental protection specialist at (619) 524-4363.



Sue Miller introduces children to a lizard during the annual "Cruisin' Critters" presentation at the depot Child Development Center April 21, as part of Earth Day 2008. The program features a hands-on collection of furry creatures and reptiles. Pfc. Alicia Small/Chevron

## Marines learn how to finance homes

BY Pfc. JOSE NAVA  
Chevron Staff

A record number of homes have been lost to foreclosure this year. Education may help home owners learn how to avoid this predicament.

Michael A. McIssac, personal financial management specialist for Marine and Family Services, hosted a Brown Bag Seminar on "How to Finance/Refinance your Home - Understanding the Process," in Building 14, on April 16.

"What a lot of people don't understand is the paperwork of financing or refinancing their homes," said McIssac. "The paperwork is long and there are a lot of fine details that people look over."

McIssac began the seminar by telling the audience a story about when he was preparing a master sergeant's taxes. The master sergeant wanted to refinance his home but the penalty for refinancing before his loan term ended was \$18,000. It was incidents such as this that gave McIssac the idea for the seminar.

The brief covered what goals a person should have when looking for a home. They must identify what a needs they have and what they can afford.

"The first thing that a person needs to do before going out and applying for loans is to get their credit checked," said McIssac. "Then go get pre-approved

for a loan to find out how much the lender is willing to lend you."

McIssac also discussed how to determine an affordable monthly payment and where the buyer wants to live.

McIssac then discussed negotiation of the deal and contract. He warned that the buyer must protect himself with writing in contingency clauses in order to make sure he gets what he wants out of the contract.

"I'm not teaching them to be professional loan officers, but just to be cautious of the terms in the contract," said McIssac.

Many steps in the process are tedious, and the paperwork is long and complicated, said McIssac. He warned that not everyone is there to help a person buy a home; that some real estate agents are more concerned about their commissions than if the client is satisfied with the sale.

"The seminar was very outstanding and the information was well presented on what to look for when financing or refinancing," said Craig M. Janecek, retired Navy captain.

Toward the end of the seminar, McIssac discussed how one should ensure that he is getting what he wants when financing a home.

"I hope that it planted the seed of planning ahead and to being cautious when it comes to looking to finance or refinance a home," said McIssac.

## From the Chief of Staff

This is a friendly reminder that vehicle operators on the depot, and operators of government-owned vehicles, shall not use cellular phones while driving unless they use a hands-free device. A hands-free device is a feature that permits a driver to use the telephone without lifting or holding the handset to the driver's ear. Also prohibited is wearing portable headphones, earphones, or other listening devices while jogging, walking, skating, skateboarding or bicycling while aboard a military facility.

In preparation of the Critical Days of Summer campaign, a period of increased risk for Marines which runs from Memorial Day through Labor Day, we need to ensure our Marines remain safe.

Beginning June 1, violators of these orders will receive traffic citations on base.



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Lovina Hayden holds her 2-year-old daughter Mikhaela as she gets a replica of her favorite cartoon character, Dora the Explorer, painted on her cheek by Clowie the Clown Saturday during the Marine Corps Community Services Family Day at the Bay. The day started at 10 a.m. and was full of fun family activities such as face painting, wood working and sports like soccer and basketball.

Pfc. Alicia Small/Chevron

# MCCS welcomes newly-assigned depot Marines

BY PFC. JOSE NAVA  
Chevron Staff

When a new Marine arrives on base, he must begin the check-in process: getting a room at the barracks, turning in his medical records, reporting to the new command. He would be lost in how to find these places.

Going to a new duty station can be stressful, but Marine Corps Community Services here can make it easier with their Welcome Aboard brief.

Marine Corps Recruit Depot San Diego is a unique installation because it encompasses the training of recruits, drill instructors and recruiters. New Marines must learn the ins

and outs of working among these groups.

The depot is the headquarters of both the Western Recruiting Region, which deals with recruits coming from west of the Mississippi, and the 12th Marine Corps District as well as recruit training.

The Welcome Aboard brief is for new service-members and their families checking into the depot. During the brief, they are informed of the services available to them and receive a guided tour of the depot.

“The brief was good and it was nice and comforting to see and know what the base has to offer to the families of active military members,” said Adreanna

M. Ivey, spouse of an active military member.

After the initial welcoming portion of the brief, the attendees went on a depot bus tour stopping at the Fitness Center, the Boathouse and Marina, the Auto Hobby shop, Camping Connection, the Depot Library, and the Recreation Center, which features a arcade, a small theater, bowling alley and a bar and grill.

Planning to use the facilities and services provided, Ivey specifically mentioned the education, recreation, and child development centers as the ones that would help her and her family out the most.

“The brief is a one-stop shop for all the informa-

tion that the new joins need to know,” said Jim D. Yost, relocation assistant.

The information relayed to the new Marines and their families include family assistance, educational opportunities, personal finance and fitness facilities, said Yost.

“We do a good job of letting service members know what is available on the depot, but we want to inform the spouses directly so they don’t hear it second-hand, and that they know what is available for them,” said Faye L. Blas, director of Marine and Family Services.

The brief takes place mid-month on Tuesdays at 8:30 a.m. except in December because of the holidays.

# Volunteering gives a sense of accomplishment

PFC. ALICIA SMALL  
Chevron Staff

Active duty and civilian Marines aboard Marine Corps Recruit Depot San Diego, their families and retirees volunteered more than 66,000 hours helping others last year.

Many of these volunteers are part of larger groups such as the Single Marine Program, Key Volunteers, Lifestyles, Insight, Networking, Knowledge and Skills, Navy Marine Corps Relief Society, command Museum, Youth Volunteers and Family of the Corps.

“Each group dedicates its time to different causes,” said Natalie Francisco, director of the depot’s Marine Corps Family Teambuilding. “They do everything from volunteering their services in the local communities to helping the spouses and families of service members.”

Members of SMP have taken part in events with the Special Olympics and Habitat for Humanity. They have also gone to local elementary and middle

schools to teach and participate in physical education classes.

According to Cpl. Anthony Rogers, SMP president, the group focuses a lot of their attention on what they can do for the community, trying to help as many people as they can in the free time they have away from work. Other groups like, L.I.N.K.S. and Key Volunteers provide much needed services to the families of service members such as benefits and services, financial awareness, dealing with separation and deployments and tips on moving.

L.I.N.K.S. also provides parenting classes, including Baby Boot camp and Happy Baby, Happy You. The volunteers teach how to manage having a new infant.

Francisco said she got involved with these programs when she became a military spouse. She said she realized how little spouses know about the military’s way of life because they don’t go to boot camp like their loved ones.

“It became a passion for me,” said Francisco. “I wanted to help the other

families and give them someone to turn to when the need arises.”

Key Volunteers is a group attached to each battalion on the depot, said Maj. Hezekiah Barge, Support Battalion executive officer. He said in the past they have planned for events such as Jane Wayne Day and sports for the spouses.

Volunteer work doesn’t just benefit the people or cause being helped, said Francisco. She believes it is also good for the volunteers because it gives them something to look forward to and provides them a sense of accomplishment.

Volunteering also enables people to get out and meet new people. There is always a variety of people with different personalities to add to the enjoyment. This is great for spouses who might not know anybody in the area, according to Francisco.

“Volunteers help the programs run smoothly and they wouldn’t be as successful without the volunteers’ help. Our volunteers are priceless, said Francisco.”

## BRIEFS

### Self-defense class for women

A self-defense class for women is scheduled for April 29 from 5 to 8 p.m. in Bldg. 6E. Subjects covered are sexual assault myths and facts, personal safety, assertive techniques and personal defense. To sign up call (619) 524-1200.

### Car care class for military spouses

A car care class for military spouses is scheduled for May 10 from 10 a.m. to 1 p.m. at the depot Auto Hobby Shop. Topics include battery care, tire care and more. A free lunch and prizes will be provided. For information call (619) 524-5240.

### Mother’s Day Brunch Buffet

The Bay View restaurant will offer a Mother’s Day Brunch Buffet on May 11 from 10 a.m. to 2 p.m. The buffet includes pastry, fresh fruit and salad, a breakfast station, a carving station, hot chaffing dishes, and a dessert station. The cost for adults is \$24.95; children ages 3 to 11 years is \$12.50; and children under 3 years old eat free. For reservations call (619) 725-6356.

### Brown Bag Lunch Series

The depot’s financial advisor, Mike McIsaac, invites depot personnel to attend his Brown Bag Lunch Series of financial workshops.

Upcoming workshops include:

- May 14 – How to buy and finance your new car
- June 18 – Understanding homeowners and auto insurance
- July 23 – How to get out of debt, manage credit and build wealth

### 3-on-3 Basketball Tournament

Active duty military are invited to compete in two days of basketball competition for a 3-on-3 tournament, 3-point shootout, slam dunk contest and free throw challenge at Crown Point Shores, Mission Bay, from 8 a.m. to 4 p.m. May 17 and 8 a.m. to 3 p.m. May 18. The first 32 teams who sign up play for free. The cost for adult team of four players is \$100. To register, go to [www.pacificlifeholidaybowl.com](http://www.pacificlifeholidaybowl.com). Registration deadline is May 9. For information call Pacific Life Holiday Bowl at (619) 283-5808.

### MCCS Golf Tournament

Marine Corps Community Services, MCRD San Diego will host the MCCS Golf Tournament to benefit the Marine Corps Ball on May 20 at 7:30 a.m. at the Riverwalk Golf Course, Fashion Valley. Check-in is at 6:30 a.m. The format is scramble. The event is open to the public. Registration takes place May 28 at the MCCS Marketing Office, Bldg. 5W from 8 a.m. to 4 p.m. The cost per four-person team is \$300 which includes the green fee, cart, shirt, goodie bag, and lunch. For information call Tim Cleator at (619) 725-6420 or e-mail him at [cleatortr@usmc-mccs.org](mailto:cleatortr@usmc-mccs.org).

SEND BRIEFS TO:  
[roger.edwards@usmc.mil](mailto:roger.edwards@usmc.mil). The Chevron staff reserves the right to publish only those briefs that comply with Department of Defense regulations and the standards of the U.S. Government.



# California recruiter saves child, credits Marine training

CPL. W. ZACH GRIFFITH  
12th District Public Affairs

It was a sunny afternoon April 13, and many of the children of the Arbor Ridge apartment complex were swimming in the pool. Before the end of the day, one of those children, a 5-year-old girl, would be brought back from the brink of death by a quick-thinking Marine sergeant.

Sgt. Miguel Hinojosa, a recruiter for Recruiting Substation Manteca, was napping next to the pool when a frantic scream jerked him into consciousness.

When he looked around, he saw a little girl prostrate on the ground next to the pool. She had gone under, and been pulled out by a family friend. Her face and body were dark blue, and Hinojosa couldn't hear a heart beat or feel a pulse.

"In that moment, all I wanted to do was get her back," Hinojosa said. "All I wanted to do was feel a pulse, hear her breathe."

He performed first-aid on the girl, doing chest compressions and mouth-to-mouth resuscitation. Even though it had been more than

a decade since Hinojosa had been CPR-certified, the Marine had gone through numerous life-saving training courses in 13 years with his infantry unit.

"I have to give a lot of credit to the all the training I've received from the Corps," he said. "You get all this training, and never have to use it, but when that day comes, you really know what you are doing. Without it, I might have just been another bystander who couldn't have done anything."

His quick actions paid off. After three grueling minutes the girl sputtered, coughed up water and took a few shuddering breaths on her own.

Relief swept over Hinojosa.

"I knew she was alive, that we had something to work with," he said.

Medics whisked the girl to the hospital, leaving Hinojosa behind in a state of shock.

"I kind of started to cry, and I got really emotional after they took her away. It was traumatizing, and it scared me," said Hinojosa, who has a 5-year-old son. "This was a little kid, and I started thinking,

'What if it was my kid?'"

Although he knew the girl was alive, he also knew that a lack of oxygen for too long can cause brain damage. The following day, he left work and drove to the hospital to check on the girl.

"Just as I was walking in, she was with her mom, leaving the hospital," Hinojosa said. "Seeing the contrast, her walking and smiling, from the last time I saw her gave me the closure I needed. I knew she was all right."

Hinojosa's commanding officer, Maj. Brian Coyne, said that he was happy for the little girl and her family, and glad that his sergeant had been nearby when he was needed.

"I'm proud to know him," Coyne said. "If he hadn't been there, the outcome might have not been as happy."

In an article in the Contra Costa Times, the girl's mother was quoted as saying "I honestly feel like (Hinojosa) was divinely appointed."

"I don't know if I was there by divine intervention," Hinojosa said. "I'm just glad I was there."



Sgt. Miguel Hinojosa, Recruiting Substation Manteca, Calif., saved a 5-year old girl from drowning April 13. In addition to his other accomplishments, Hinojosa is CPR-certified. Cpl. W. Zach Griffith/12th District Public Affairs

## Marines join Nike "Coach of the Year" clinics to inspire high school football coaches

SGT. LUIS AGOSTINI  
RS Chicago

The Marine Corps and the Nike Coach of the Year Clinics are partnering for 19 events nationwide that are geared to mo-

tivate football coaches through common values of teamwork, honor, courage, commitment, leadership and discipline.

More than 200 Chicagoland high school football coaches met at the Wyndham-Lisle

Hotel over Super Bowl weekend during the area's Nike Coach of the Year Football Clinic, Feb. 1-3.

In the Western Recruiting Region, clinics were also held in St. Louis, Chicago, Indiana, Minnesota, and Michigan January through March.

The Chicago suburb of Lisle was the second stop of the two-month tour, bringing together coaches from all levels of experience, from youth football leagues to NCAA Division-I camps.

To help local football coaches improve their game, Nike invited five NCAA Division-I football coaches, including Kirk Ferentz, University of Iowa; Pat Hill, Fresno State University; Chuck Long, San Diego State University; Mark Snyder, Marshall University; and Greg Robinson, Syracuse University, to share their motivation and wisdom.

Recruiters from Marine Corps Recruiting Station Chicago, as well as Marines just returning from recruit training, were on hand to answer questions, share stories and provide information to coaches on opportunities available in the Corps for their high school football players.

"We were able to establish initial contact and create working relationships with many of these coaches, and hopefully

they'll be able to take away some of the things they learned about the Corps and share it with their teams," said Capt. Brian P. Robinson, executive officer, RS Chicago.

Following a three-minute, inspirational Marine Corps video tailored for the coaches, Maj. Lance A. Jackola, commanding officer of RS Chicago, kicked off the clinic by sharing how his high school football experience, and the leadership provided by his coaches, translated into success as a United States Marine.

"I wasn't the strongest or most talented, but it was the leadership skills I got playing high school football that enabled me to become what I am in the Marine Corps," said Jackola, who played four years of football as the quarterback at Minnesota's Burnsville High School.

Along with sessions addressing split-eagle adjustments to the spread offense, power-of-fensive blocking techniques and robber coverage versus two-and one-back sets, the NCAA coaches also addressed leadership, health and physical fitness; attributes that ensure success on both the battlefield and the gridiron.

"Both (Marines and high school football coaches) look for the same type of guy – a kid with heart, commitment, competitive spirit and leader-

ship skills," said Craig Bundy, the Chicago Nike clinic director and coach of the Bradley-Bourbonnais High School football team.

"Both stress teamwork; taking care of the man next to you," said Pfc. Maxwell Gilbert, 19, a former running back for Downers Grove North, Ill. "You stick together through thick and thin. However long you play football, or (serve) in the Marines, those men and women next to you are going to be the most important thing in your life."

"Core values of honor, courage and commitment – those three words can translate anywhere; anyone can live by these words," Gilbert added.

The clinic culminated with several grand prizes and raffle giveaways, one of which included a Marine-branded Nike football, autographed by all of the Nike clinic guest speakers.

The consensus among the more than 200 football coaches was that the partnership between the Marine Corps and Nike seemed a natural fit.

"It was a great for coaches to create relationships with Marine Corps recruiters in their areas, and we now have a much better understanding when we go back to school," Bundy said.

For more information on the 2008 Nike Coach of the Year Football clinic, visit [www.nikecoyfootball.com](http://www.nikecoyfootball.com).



Mark Coglianese, head coach of the Providence Catholic High School football team, was the winner of the Marine-branded Nike football, autographed by all four guest speakers of the Nike Coach of the Year Football Clinic at the Wyndham-Lisle Hotel in Chicago Feb. 1-3. The three-day clinic brought more than 200 local football coaches together to improve their game. Sgt. Luis Agostini/RS Chicago

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**PUBLIC AFFAIRS DIRECTOR**  
MAJ. KRISTEN A. LASICA  
[kristen.lasica@usmc.mil](mailto:kristen.lasica@usmc.mil)

**DEPUTY DIRECTOR**  
JANICE M. HAGAR  
[janice.hagar@usmc.mil](mailto:janice.hagar@usmc.mil)

**PUBLIC AFFAIRS CHIEF**  
GUNNERY SGT. LAURA GAWECKI  
[laura.gawecki@usmc.mil](mailto:laura.gawecki@usmc.mil)

**PRESS CHIEF**  
CPL. CARRIE BOOZE  
[carrie.booze@usmc.mil](mailto:carrie.booze@usmc.mil)

**COMBAT CORRESPONDENTS**  
LANCE CPL. ROBERT BEAVER  
PFC. JOSE NAVA  
PFC. ALICIA SMALL

**EDITOR**  
ROGER EDWARDS  
Mail to: civilian editor  
[roger.edwards@usmc.mil](mailto:roger.edwards@usmc.mil)

**CHEVRON/PUBLIC AFFAIRS OFFICE**  
1600 HENDERSON AVE. #120  
SAN DIEGO, CA 92140  
(619) 524-8727

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Recruit Caleb D. Brumley, Platoon 3201, Company I, squeezes a round off with his M-16A2 service rifle during the Table 2 Basic Combat Marksmanship Course at Edson Range, Camp Pendleton, Calif., March 20. After completing a course in basic marksmanship, recruits are required to qualify in a combat course that tests their ability to engage targets quickly and accurately at ranges from 15 to 100 yards away. Lance Cpl. Robert W. Beaver/Chevron

# Company I recruits finish combat firearms training

BY LANCE CPL. ROBERT W. BEAVER  
*Chevron staff*

During boot camp, the M-16A2 service rifle becomes like a recruit’s best friend. They do everything together including eating and sleeping. Recruits can not literally be friends with a piece of metal and plastic, but the relationship helps recruits understand their rifles inside and out. Like friends would, the rifle also helps protect the recruits. During Field Week, Company I recruits completed the Table 2 Basic

Combat Marksmanship Course at Edson Range, Camp Pendleton, Calif., March 20, to learn to be an effective threat to the enemy. “Table 2 firing prepares recruits for what they (would) face in (combat),” said Cpl. Jonathan Neal, range coach, Weapons and Field Training Battalion. “This type of shooting is the closest we can get recruits to combat shooting without actually having people shoot at them.” Unlike the Table 1 firing course that focuses on basic marksmanship, Table 2 applies fundamentals for combat shooting and is also a

graduation requirement. Recruits are given 220 rounds for practice and testing on rifle presentation, moving targets, head shots, failure to fire drills and failure to stop the enemy drills on targets 15 to 100 yards away. “The course is designed to make (recruits) respond to threats instinctively by building their muscle memory through repetition,” said Neal, a Chicago native. Neal said the proper techniques are uncomfortable but they “definitely” work because they are designed to instill a combat mindset in the recruits.

Hitting the target gives recruits one point, while hitting designated areas award two points. The designated areas are on the chest, groin and the T-box area on the head. “The areas are based on the primary nerve and (hydrostatic) areas of the body,” said Neal, a former infantryman. “If the enemy is shot in the (hydrostatic) areas they will lose enough blood to be taken out of the fight, and when shot in the nerve areas, their bodies quit working. The T-box area on the head is where the medulla oblongata is and acts like a light switch when shot. The

enemy will be dead before they hit the floor.” Recruits must hit a designated area with every shot to receive a maximum score of 100 points during qualification. Recruits’ points are added with their Table 1 score to determine their overall rifle qualification. “I got a better understanding of what to expect in combat with Table 2 rather than with Table 1,” said Recruit Jonathan Moore, Platoon 3201, Co. I. “This training is important because every Marine is a rifleman—the reason why most of us joined.”



Company I recruits move to the 100-yard line to begin their Table 2 course of fire. Table 2 applies fundamentals for combat shooting. Lance Cpl. Robert W. Beaver/Chevron





Sgt. Lonnie McKinney, right, range coach, Weapons and Field Training Battalion, inspects Recruit Daniel J. Mendoza, Platoon 3203, Co. I, for saved ammunition. *Lance Cpl. Robert W. Beaver/Chevron*



Co. I recruits fired thousands of rounds during the Basic Combat Marksmanship Course. Each recruit is given 170 rounds to practice the fundamentals before completing the qualification course with 50. *Lance Cpl. Robert W. Beaver/Chevron*



A Co. I recruit inspects his shot group. The T-box area on the head and the areas on the chest and groin are considered primary and hydrostatic nerve areas of the body. Recruits receive two points for shooting these areas, and one point for hitting anywhere else on the target. *Lance Cpl. Robert W. Beaver/Chevron*



Co. I recruits load their magazines before moving to the firing line. For safety reasons, recruits are instructed to load their magazines while sitting or kneeling. *Lance Cpl. Robert W. Beaver/Chevron*



Recruit Jonathan Moore, Platoon 3201, aims in at the target from 25 yards away. Recruits practice engaging multiple targets at once. *Lance Cpl. Robert W. Beaver/Chevron*



A Co. I recruit loads a strip of 10 5.56 mm ammunition into his magazine. During the course of fire, recruits are responsible for keeping track of how much ammunition is in their magazines. If they forget, they could miss out on points for taking time to reload their weapons. *Lance Cpl. Robert W. Beaver/Chevron*



# Twins motivate each other through bootcamp

BY CPL. CARRIE BOOZE  
*Chevron staff*

From cooking in their mothers’ kitchen to marching across Shepherd Memorial Drill Field as Marines, identical twins Nathan and Samuel Watts, Platoon 3202, Company I, said they have always done everything together and would never dream of being separated.

Pfc. Nathan Watts and Pvt. Samuel Watts, 21, grew up in the small mountain farm town of Mansfield, Penn., where they spent the majority of their time in the kitchen making extravagant dishes.

Both brothers attended Mansfield University, where Nathan studied history and Samuel was working on a degree in general studies. Later, both brothers wanted to branch off and study culinary arts.

After a year of college, they began to get tired of the repetitive school life and wanted to tackle a new challenge. They moved to Texas with their parents then they decided to join the Marine Corps.

“Our father was in the Marine Corps, so that is what initially attracted us to that branch of service,” said Nathan. “We chose the Marine Corps because we wanted a challenge and figured that we might as well do the hardest training.”

Kathy Watts, their mother, said that at first she wasn’t very thrilled about them joining the military, but after they researched the Marine Corps and made plans to attend college while serving, she supported them.

On January 28, the brothers arrived at recruit training and were immediately separated.

“For the first week of training we were apart and all I could think about was when I

was going to see my brother again,” said Nathan Watts. “I was worried that we

would be put in different platoons and not get to experience boot camp together.”

Once the brothers picked up with their training platoons, they were reunited and became bunk-mates.

“They never left each other’s sides; wherever one was, the other one was, too,” said Staff Sgt. John Leard, drill instructor, Platoon 3202. “Some how they always ended up in the same squad or fire team during field training.”

Leard said that the brothers acted, spoke and performed equally. He said that they were both good at the physical aspect of training, especially pugil sticks.

Samuel said that there were a couple of incidents when his drill instructors confused him for his brother. “Sometimes they would yell and punish me for things that my brother did because were really hard to tell apart.”

The brothers agreed that having each

other there made recruit training a lot easier.

“Whenever I had hard times or got stressed out, I would just talk to my brother,” said Samuel Watts. “When training got tough, I just thought about my brother who was going through the same things and it motivated me.”

Nathan Watts said that they pushed each other to give their best in every training event they did and study knowledge so one of them wouldn’t get dropped to another platoon and they wouldn’t get separated.

“They excelled at the teamwork aspect of training. During the final Crucible hike, I saw them motivating and helping the other recruits up the Reaper mountain,” said Leard.

Samuel Watts said that as they were about to reach the top of the Reaper his brother looked over at him and said, “We started boot camp together and we are going to end together.” Then the brothers stepped on the peak together.

“They have both made a huge transformation,” said Leard. “They came here shy and are leaving with much more confidence and leadership skills.”

The brothers enlisted in the Marine Corps with the infantry military occupational specialty, but they hope to change their occupation to food specialists because they want to pursue degrees in culinary arts.

After graduation, the brothers will return home for 10 days of boot leave and then report to the School of Infantry, Ma-

rine Corps Base Camp Pendleton, Calif.

“We have been through everything together,” said Samuel Watts. “Earning

my eagle, globe and anchor was amazing, but doing it alongside my brother made it unsurpassable.”



Pvt. Samuel Watts, left, and Pfc. Nathan Watts, turn in the weapons they have cared for since just after arriving at Marine Corps Recruit Depot San Diego for basic training. They graduate today. *Pfc. Jose Nava/Chevron*



Twin brothers Nathan, left, and Samuel Watts stand at parade rest with their platoon during Battalion Commander’s Inspection Tuesday, as Company I Marines prepare for their graduation ceremony today. The twins will return to Marine Corps Base Camp Pendleton, Calif., following leave to go through the School of Infantry – together. *Pfc. Jose Nava/Chevron*

## Retired Lt. Col. Jerry Coleman

PARADE REVIEWING OFFICER

Jerry Coleman celebrates his 36th season as the voice of the Padres.

Before he was a broadcaster, Coleman played in six World Series clubs in nine seasons (1949-57) with the New York Yankees. The second-baseman made his Big League debut in 1949, earning Associated Press Rookie of the Year honors. The following season, Coleman was an American League All-Star

and the World Series Most Valuable Player, as the Yankees swept the Phillies in four games.

In 1960, Coleman became a broadcaster for the CBS Radio Network and in 1963 began a seven-year run calling New York Yankees’ games on WCBS Radio and WPIX-TV.

After broadcasting for the California Angels for two years, Coleman became lead radio announcer for the San Diego Padres in 1972, a position he has held every year except 1980, when the Padres hired him to manage. He also called national regular-season and postseason

broadcasts for the CBS Radio Network from the mid-1970s to the 1990s.

In 2001, Coleman was elected to the Padres Hall of Fame, and in 2004 the Padres unveiled a star with his name below the press box at PETCO Park.

During the 2005 season, Coleman received two special honors: He was enshrined in the U.S. Marine Corps Sports Hall of Fame and was the recipient of the Ford C. Frick Award from the National Baseball Hall of Fame. A native of San Francisco, Coleman was inducted into the Bay Area Sports Hall of Fame in 2006 and

inducted into the National Radio Hall of Fame in 2007. Coleman’s broadcasting career includes stops with the Yankees, as well as 22 seasons calling the CBS Radio Network’s “Game of the Week.”

Coleman, whose playing career was interrupted twice when he was called upon to serve as a Marine pilot in World War II and in the Korean War, retired with a lifetime .263 average, 16 home runs and 217 RBIs in 723 games. Coleman was the only Major League player to see active combat in two wars. His military service record includes 120 missions and two Distinguished Fly-

ing Crosses, 13 Air Medals and three Navy Unit Citations. He retired as a lieutenant colonel.





								
<b>Platoon 3202</b> <b>COMPANY HONOR MAN</b> Lance Cpl. R. P. Schenker Portland, Ore. Recruited by Staff Sgt. S. D. Kirk	<b>Platoon 3208</b> <b>SERIES HONOR MAN</b> Pfc. A. J. Escojeda Farmington, N.M. Recruited by Staff Sgt. J. J. Benally	<b>Platoon 3201</b> <b>PLATOON HONOR MAN</b> Pfc. S. H. Hall Hayden, Idaho Recruited by Staff Sgt. P. Cook	<b>Platoon 3203</b> <b>PLATOON HONOR MAN</b> Pfc. C. W. Wright Bloomington, Minn. Recruited by Sgt. C. B. Jackson	<b>Platoon 3205</b> <b>PLATOON HONOR MAN</b> Pfc. D. T. Frey Portland, Ore. Recruited by Staff Sgt. M. V. Heimbegner	<b>Platoon 3206</b> <b>PLATOON HONOR MAN</b> Pfc. J. M. Martinez Long Beach, Calif. Recruited by Staff Sgt. Cunningham	<b>Platoon 3207</b> <b>PLATOON HONOR MAN</b> Pfc. N. G. Aguirre Santa Ana, Calif. Recruited by Staff Sgt. S. A. Sheehan	<b>Platoon 3206</b> <b>HIGH SHOOTER (238)</b> Pfc. E. G. Ragan Salinas, Calif. Recruited by Sgt. M. Rios	<b>Platoon 3207</b> <b>HIGH PFT (300)</b> Pfc. L. Martine Gallup, N.M. Recruited by Sgt. K. R. Johnson

INDIA COMPANY

**3RD RECRUIT TRAINING BATTALION**  
*Commanding Officer*  
Lt. Col. R. W. Jones  
*Sergeant Major*  
Sgt. Maj. B. M. Link  
*Chaplain*  
Lt. R. T. Rinaldi  
*Battalion Drill Master*  
Gunnery Sgt. D. K. Ellington

**COMPANY I**  
*Commanding Officer*  
Capt. J. M. Stevens  
*Company First Sergeant*  
1st Sgt. D. Hines  
*Company Corpsman*  
Seaman Apprentice J. H. Stuart

**SERIES 3201**  
*Series Commander*  
Capt. M. A. Ross  
*Series Gunnery Sergeant*  
Gunnery Sgt. V. M. Moyado

**PLATOON 3201**  
*Senior Drill Instructor*  
Gunnery Sgt. A. R. Marcoux  
*Drill Instructors*  
Gunnery Sgt. A. M. Green  
Staff Sgt. C. M. Brusich

Pvt. R. I. Aguirre Jr.  
Pvt. N. D. Aldrich  
Pvt. E. E. Baker  
Pvt. J. L. Balboa  
Pvt. J. G. Barnes  
Pvt. C. S. Beggs  
Pfc. R. J. Bernal  
Pvt. A. J. Biller  
Pvt. A. R. Binaku  
Pvt. A. C. Bragg  
Pvt. K. E. Branch  
Pvt. C. D. Brumley  
Pvt. D. P. Carig  
Pfc. J. D. Carter  
Pvt. L. A. Chavez  
Pfc. T. M. Church  
Pvt. B. A. Clark  
Pvt. J. R. Conlee  
Pvt. L. D. Cook  
Pfc. J. E. Crites  
Pvt. E. R. Cuaderes  
Pfc. J. B. Davis  
Pfc. J. B. Deal III  
Pvt. D. Delossantos  
Pvt. W. C. Dennis  
\*Pfc. T. J. Dobbins  
Pvt. J. J. Dokey  
Pfc. K. Doughty  
Pvt. L. J. Doyle  
Pfc. J. J. Garcia  
Pfc. J. A. Gasaway  
Pvt. A. Grijalva  
Pfc. D. R. Haaf  
\*Pfc. S. H. Hall  
Pvt. J. D. Handeland  
Pvt. A. M. Hawkyard

Pvt. A. C. Hayes  
Pfc. J. D. Heilman  
Pvt. B. C. Hemphill  
Pvt. J. J. Horan  
Pvt. M. P. Hull  
Pvt. J. W. Hyske  
Pvt. J. S. Jenkins  
\*Pfc. S. C. Jorgenson  
Pvt. R. T. Kirkpatrick  
Pvt. Y. G. Kwak  
\*Pfc. G. A. Linden Jr.  
Pvt. J. G. Lopez  
Pvt. S. M. Luckey  
Pvt. M. G. Marsden  
Pvt. D. M. McKeon  
Pvt. R. A. Medina  
Pvt. M. A. Miller  
Pvt. D. E. Miller Jr.  
\*Pfc. J. E. Mills  
Pvt. J. R. Moore  
Pfc. S. A. Nave  
Pvt. Z. S. Naylor  
Pvt. D. J. Newlon  
Pvt. J. L. Nix  
Pfc. F. O. Nunez  
Pfc. J. Ortiz  
Pvt. G. A. Peters  
Pvt. J. D. Savell  
Pvt. R. N. Schwartz  
Pvt. E. H. Soto  
Pvt. S. R. Sutton  
Pfc. J. T. Tarango  
Pfc. S. S. Tauch  
Pvt. C. W. Thaw  
\*Pfc. J. M. Vanmoos  
Pvt. C. A. Watsonkrueger  
Pvt. J. E. Welch

**PLATOON 3202**  
*Senior Drill Instructor*  
Staff Sgt. J. P. Leard  
*Drill Instructors*  
Staff Sgt. E. Hernandez-Brito  
Staff Sgt. D. D. Fortenberry  
Staff Sgt. J. J. Palka

Pvt. N. E. Acosta  
Pvt. V. L. Aleen  
\*Pvt. C. J. Andrews  
Pvt. B. W. Babcock  
Pvt. A. P. Blum  
Pvt. J. H. Bryant  
Pvt. K. Carpenter  
Pvt. F. Cerda  
Pvt. A. Chavez  
Pvt. W. M. Cooney IV  
Pvt. N. W. Cota  
\*Pfc. D. C. Cotton  
Pvt. D. C. Courtright  
Pvt. C. Delatorre  
Pvt. C. A. Durazo  
Pvt. B. J. Elm  
Pvt. J. E. Gamez  
Pfc. A. B. Gilbert  
Pvt. B. J. Goodshiled  
Pvt. W. R. Hamby V  
Pvt. E. R. Hamm  
Pfc. J. I. Harms

Pvt. C. G. Hendricks  
Pvt. M. G. Hodges  
Pvt. J. Hupp  
Pvt. J. T. Jacobs  
Pvt. J. L. Juarez  
Pvt. D. R. Kraft  
Pvt. P. J. Laster  
Pfc. S. C. Makepeace  
Pvt. M. D. Marshall  
Pfc. A. J. Matinez-Padron  
Pvt. D. A. May  
Pvt. J. D. MacCabe  
Pvt. J. T. McEuen  
Pvt. C. D. McGrew  
Pvt. J. L. Means  
Pfc. J. S. Moon  
Pvt. Z. Myo  
Pvt. S. S. Oliver  
Pvt. J. A. Olvera  
Pvt. S. G. Osborn  
Pfc. R. C. Otto  
Pfc. G. B. Palmer  
Pvt. J. J. Perez  
\*Pfc. V. R. Perry  
Pvt. A. J. Petesen  
Pvt. S. T. Poojaroen  
Pvt. G. M. Ramirez  
Pvt. G. Reyesmora  
Pvt. J. Riddle Jr.  
Pvt. V. D. Rogers Jr.  
Pvt. A. E. Rodriguez  
\*Pfc. P. W. Saban  
Pvt M. A. Sanchez-Perez  
Pfc. C. E. Sanders  
Pvt. A. E. Satterhwaite  
Lance Cpl. R. P. Schenker  
Pvt. B. D. Schilling  
Pvt. A. A. Scott  
Pfc. M. R. Sexton  
Pvt. M. R. Splant  
Pvt. D. W. Thomas  
Pvt. A. D. Troung  
Pvt. M. P. Valdez  
Pfc. N. L. Watts  
Pvt. S. T. Watts  
\*Pfc. C. D. Weimer  
Pvt. B. F. Westbrook  
Pfc. R. E. Wicks  
Pvt. K. L. Willard  
Pvt. T. V. Yazzie  
Pvt. M. K. Zeigier Jr.  
Pfc. D. A. Zepeda

**PLATOON 3203**  
*Senior Drill Instructor*  
Staff Sgt. D. E. Smith  
*Drill Instructors*  
Staff Sgt. R. D. Banda  
Staff Sgt. E. A. Guzman

Pvt. T. T. Babine  
Pvt. A. Barrett  
Pvt. J. M. Brown  
Pfc. J. D. Burk  
Pfc. S. M. Bursott  
Pvt. M. L. Byrd  
Pvt. B. T. Campbell  
Pvt. G. Campos

Pvt. A. O. Castro  
Pfc. J. D. Chappell  
Pvt. L. T. Chikeles  
Pvt. A. M. Coco  
Pvt. R. Contreras  
Pvt. J. Corwin  
Pvt. J. L. Daniel  
Pfc. A. W. Davis Jr.  
Pvt. J. Denslow  
Pvt. T. Dobson  
Pfc. J. Donaldson  
Pvt. M. Dreyer  
Pvt. E. E. Erdmann  
Pvt. L. J. Espinosa Nava  
Pvt. S. Fellows  
Pvt. A. J. Fenner  
Pfc. D. Fex  
Pfc. D. G. Fisher  
Pvt. L. Fuentes  
Pfc. N. I. Garbee  
Pvt. J. C. Garza Jr.  
Pfc. B. Giles  
Pvt. R. A. Godinez  
Pfc. S. A. Gramkow  
\*Pfc. Z. M. Griffith  
Pfc. J. K. Groves  
Pvt. T. Gunn  
Pfc. E. Haenlein  
Pvt. K. L. Hallagan  
Pvt. R. M. Hall  
Pvt. D. A. Jackson  
Pfc. J. C. Koch  
Pfc. G. Laboy Jr.  
Pvt. K. W. Lanier  
Pfc. D. W. Larson  
Pfc. J. J. Lenton  
Pfc. D. H. Lim  
Pfc. L. B. Martin  
Pfc. R. D. Means  
Pvt. R. McMorris  
\*Pfc. D. J. Mendoza  
Pvt. M. D. Mickelson  
Pvt. K. Morgan  
Pvt. S. D. Peguero  
Pvt. M. J. Price  
Pvt. T. A. Pulford  
Pvt. R. K. Rainwater  
\*Pfc. R. T. Ratliff  
\*Pfc. T. C. Riddick Jr.  
Pfc. N. R. Sattler  
Pvt. N. E. Severson  
\*Pfc. J. I. Sorto Jr.  
Pfc. M. C. Spjut  
Pvt. A. C. Sunga  
Pvt. L. Taylor  
Pvt. J. L. Thalmann  
Pvt. J. E. Walters  
Pfc. J. D. Weldon  
Pvt. R. W. Wendt  
Pfc. C. W. Wright  
Pvt. D. L. Wells

**SERIES 3205**  
*Series Commander*  
Capt. J. J. Porrazzo  
*Series Gunnery Sergeant*

Staff Sgt. J. C. Robledo

**PLATOON 3205**  
*Senior Drill Instructor*  
Staff Sgt. F. Cervantes  
*Drill Instructors*  
Sgt. S. Gaytan  
Sgt. L. G. Weier

Pvt. A. S. Abamu  
Pfc. N. J. Adams  
Pvt. J. T. Albeitawi  
Pvt. R. J. Alvarado-Avila  
Pvt. R. L. Aschilman  
Pvt. J. A. Ayala  
Pvt. G. R. Backues  
Pvt. R. C. Barrow  
Pvt. J. P. Bonilla  
Pvt. J. A. Breitzman  
Pvt. M. C. Brill  
Pvt. A. J. Broehm  
Pfc. C. Carr  
Pvt. R. A. Cartagena  
Pfc. J. M. Flores  
Pfc. D. T. Frey  
Pvt. M. Garcia  
Pvt. S. I. Garza  
Pvt. R. Gonzalez Jr.  
Pvt. T. J. Gradford  
Pvt. E. Gutierrez  
Pvt. A. R. Hughes  
Pvt. S. J. Hutmaker  
Pvt. J. D. Jackson  
Pvt. G. R. Jimenez  
Pfc. C. B. Kapotak  
Pvt. K. L. Kilby  
Pfc. M. R. Klosterman  
Pvt. A. A. Lopez  
Pfc. S. C. Martinez  
Pvt. K. C. McKee  
Pvt. S. Miles  
Pvt. N. K. Morrison  
Pvt. H. L. Morrow  
Pvt. S. E. Nowling  
Pfc. C. C. Olson  
Pvt. J. A. Papehausen  
Pvt. T. R. Puder  
Pvt. M. D. Purvis  
Pvt. J. A. Quintero  
Pvt. R. A. Riebli  
Pvt. D. R. Rollins  
Pvt. K. R. Rosenbaum  
Pvt. C. A. Rowley  
Pfc. J. W. Ryan  
Pfc. F. L. Salas  
Pvt. A. M. Seymour  
Pvt. E. J. Shinauer  
Pvt. N. Sonethanouvong  
Pfc. Z. R. Sowell  
Pvt. R. L. Steinbach  
Pvt. J. Stewart  
Pvt. R. F. Stewart  
Pfc. S. D. Strand  
Pfc. K. T. Teague  
Pvt. J. A. Thomas  
Pfc. C. A. Thompson  
Pvt. J. C. Thompson Jr.  
Pvt. J. Trevino

Pfc. C. E. Tucker  
Pvt. G. W. Underwood  
Pfc. M. M. Upchurch  
Pvt. C. A. Valle  
Pvt. H. Verduzco  
Pvt. R. J. Vian  
Pvt. J. A. Wallace  
Pvt. M. A. Weig  
Pfc. A. L. Whitis  
Pvt. A. M. Winfrey  
Pvt. N. E. Wolf  
Pvt. B. T. Youngdale

**PLATOON 3206**  
*Senior Drill Instructor*  
Staff Sgt. J. M. Zeise  
*Drill Instructors*  
Staff Sgt. C. M. Perkins  
Staff Sgt. C. M. Westbrook

\*Pfc. E. G. Berganza  
Pvt. J. Chanthavon  
Pvt. I. Flores  
Pvt. J. O. Gibbs  
Pvt. C. C. Hanson  
Pvt. A. D. Hasty  
Pvt. E. Hernandez  
Pvt. J. D. Hernandez  
Pvt. K. S. Hernandez  
Pvt. C. J. Hildebrant  
Pvt. E. D. Hillaker  
Pfc. E. G. Hunley  
Pvt. C. W. Jarrett  
Pvt. B. M. Johnson  
\*Pfc. T. A. Johnson  
Pfc. D. F. Jones  
Pfc. J. D. Jones  
Pfc. C. A. Kinningham  
Pvt. D. B. Kirk  
Pvt. A. Lincoln  
\*Pfc. C. J. Lipkin  
Pvt. D. S. Long  
Pfc. S. B. Maholy  
Pfc. J. M. Martinez  
Pvt. Z. A. Maxwell  
Pvt. T. L. Mickem  
Pvt. S. Moua  
Pvt. A. Ortiz  
Pvt. K. M. O' Tool  
Pvt. D. Amador  
Pfc. J. J. Patykowski  
Pvt. Z. T. Plucas  
Pvt. M. R. Pope  
Pvt. N. R. Powell  
Pfc. E. G. Ragan  
Pvt. J. L. Riosparias  
Pvt. R. C. Rivas  
Pvt. A. Rodriguez  
Pfc. J. V. Rodriguez  
Pvt. I. I. Rodriguez-Balderama  
Pvt. H. I. Rodriguez-Rojero  
Pvt. H. W. Sanchez  
Pvt. A. M. Sands  
Pvt. K. V. Scheibe  
\*Pfc. E. L. See  
\*Pfc. G. Silva  
Pvt. R. R. Sisneroz  
Pvt. W. D. Sloan  
Pvt. J. M. Stacey  
Pvt. B. J. Stuart  
Pfc. P. A. Studtmann  
Pvt. C. P. Swenson  
Pvt. C. S. Trainer  
Pvt. M. J. Tuckness  
Pvt. J. M. Twigger  
Pvt. J. B. Vaughan  
Pvt. J. R. Veltling  
Pvt. T. Walkine  
Pvt. A. Warden  
Pvt. A. C. Willis  
Pvt. R. L. Wilson  
Pvt. T. D. Wilson  
Pfc. A. J. Wooley  
Pvt. W. P. Wright  
Pvt. A. M. Wulff  
Pvt. J. W. Yoder

**PLATOON 3207**  
*Senior Drill Instructor*  
Staff Sgt. J. D. Elrod  
*Drill Instructors*  
Sgt. C. A. Clark  
Sgt. J. D. Mast

Pvt. M. A. Abarca  
\*Pfc. N. G. Aguirre  
Pvt. C. J. Axling  
Pvt. M. S. Axling  
Pvt. J. M. Britenriker  
Pfc. R. T. Brown  
Pvt. T. J. Clay  
Pvt. J. J. Cruz  
Pvt. A. S. Cuevas  
Pfc. J. C. David  
Pfc. C. F. Delgado  
Pvt. J. C. Dietrich  
Pvt. K. A. DiTommaso  
Pvt. K. B. Dudgeon  
Pvt. R. W. Erickson  
Pvt. J. D. Ford  
Pvt. T. L. Garcia  
Pvt. S. A. Gelencher  
Pvt. P. M. Gilbert  
Pvt. J. B. Groh  
Pvt. J. M. Guertin  
Pvt. D. T. Hermeling  
Pvt. O. G. Hernandez  
Pvt. J. S. Herriman  
Pvt. A. A. Hershaw  
Pfc. B. M. Holshouser  
Pvt. A. L. Horsch  
Pvt. A. H. Hunt  
\*Pfc. T. J. Isaacson

Pvt. K. A. Jackson  
Pfc. D. J. Johnson  
Pvt. M. G. Kain  
Pvt. M. E. Keeley  
Pvt. J. A. Keith  
Pfc. K. R. Kirby  
Pvt. T. A. Kleist  
Pvt. M. J. Kotzer  
Pvt. C. A. Kramer  
Pvt. R. D. Lang  
Pvt. L. C. Lankford  
Pfc. J. A. Ljunggren  
Pfc. L. Martine  
Pvt. R. V. Mejia  
Pfc. M. R. Meyers  
Pvt. J. R. Miller  
Pvt. J. D. Minardking  
Pvt. B. D. Mincey  
Pfc. B. M. Mueller  
Pvt. I. Naffarrate  
Pvt. D. R. Nelson  
Pvt. L. A. Newman Jr.  
Pvt. C. D. Noal  
Pfc. S. J. O' Tool  
\*Pfc. M. J. Palozola  
Pfc. R. J. Perales  
\*Pfc. M. E. Rachal  
Pvt. A. L. Robles III  
Pvt. J. A. Rosales  
Pvt. M. J. Ross  
\*Pfc. F. Salas Jr.  
Pfc. E. E. Striegel  
Pvt. S. M. Stuart  
Pvt. R. W. Tevelde  
Pvt. T. M. Truitt  
Pvt. R. A. Valenzuela  
Pvt. B. L. Wertz  
Pvt. M. P. Wilbrandt  
Pvt. Z. R. Woolridge

**PLATOON 3208**  
*Senior Drill Instructor*  
Staff Sgt. A. B. Whitmer  
*Drill Instructors*  
Sgt. K. H. Clampitt  
Sgt. D. J. Washington

\*Pfc. F. A. Acevedo  
Pvt. A. R. Allen  
Pvt. D. Amador  
\*Pfc. T. M. Anderson  
Pvt. R. F. Baird  
Pvt. E. C. Beach IV  
Pvt. W. Benjamin  
Pvt. M. C. Binkley  
Pvt. G. M. Bonine  
Pvt. D. R. Brandenburg  
Pvt. D. S. Bronson  
Pvt. N. R. Brooks  
Pfc. A. S. Bush  
Pvt. C. B. Chapman  
Pvt. J. J. Chavez  
Pfc. F. I. Cho  
Pvt. R. R. Chrisopolos  
Pvt. C. B. Cruickshank  
Pvt. J. J. Colman  
Pvt. R. E. Cortez  
Pvt. J. R. Dodson  
Pvt. T. J. Erickson  
Pvt. R. Escarcega  
\*Pfc. A. J. Escojeda  
Pvt. J. L. Freeman  
Pvt. C. J. D. Garcia  
Pvt. S. P. Greene  
Pvt. N. J. Grimes  
Pvt. R. M. Hird  
Pfc. J. M. Hornbuckle  
Pvt. Q. C. Jackson  
Pvt. D. M. Johnston  
Pvt. Y. D. Kurtzman  
\*Pvt. S. Li  
Pvt. E. L. Mann  
\*Pfc. M. C. Manning  
Pvt. R. P. Massingill  
Pvt. S. J. McMullen  
Pvt. E. A. Miranda  
Pvt. B. L. Morgan  
Pvt. M. F. Najera Jr.  
Pvt. J. S. Oh  
Pvt. C. A. Palm  
Pfc. A. S. Pattison  
Pvt. J. D. Perez  
Pfc. S. G. Perez  
Pvt. R. M. Perrigo  
Pvt. A. V. Preston  
Pvt. J. A. Pultz  
Pfc. O. Rebolledo  
Pvt. M. L. Renteria  
Pvt. M. Rivera  
Pvt. M. Rodriguez  
Pvt. A. T. Ruiz  
Pvt. D. N. Scott  
Pfc. G. M. Shannon  
Pfc. S. J. Silva  
\*Pfc. A. M. Simich  
Pvt. C. G. Smith  
Pvt. D. H. Sohn  
Pvt. A. A. Solares  
Pvt. W. T. Southwell  
Pfc. T. K. Tadehara  
Pvt. J. O. Tyrrell  
Pfc. A. E. Usher  
Pvt. J. Wadel  
Pvt. T. R. Wilson  
Pvt. W. D. Wood III  
Pvt. E. B. Wright

\*Denotes meritorious promotion



Company I recruits pay attention Monday as third battalion drill master, Gunnery Sgt. Delwin Ellington, briefs them on what they will need to do during their graduation ceremony today. Pfc. Jose Nava/Chevron



# Depot Marines and families learn how the NFL trains



Todd Durkin, owner of Fitness Quest 10 and personal trainer of more than 25 NFL players, leads the group in a running-in-place exercise during Boot Camp Extreme April 22 outside the Fitness Center here. *Pfc. Jose Nava/Chevron*

BY PFC. JOSE NAVA  
*Chevron staff*

Service members and depot personnel were given an opportunity this week to train with a two-time Personal Trainer of the Year.

Todd Durkin, owner of Fitness Quest 10 and personal trainer of more than 25 NFL players, hosted Boot Camp Extreme, a motivational and dynamic exercise class filled with a combination of resistance training, aerobic, balance and weight exercises, at the Fitness Center Tuesday.

Boot Camp Extreme welcomed all types of people of different fitness levels to participate in the 90-minute workout.

“The workouts are high intensity exercises that challenge the body,” said Durkin. “The goal is that the body stays fresh and not get stale with repetitive workout routines,” he said.

Boot Camp Extreme welcomed all types of people and

active duty military members to participate, and it contained a variety of exercises that stimulate the muscles used in combat.

“Working with Marines, I tried to create metabolic workouts that keep them conditioned and ready for the combat environment,” said Durkin.

The class started with light warm ups of running in place, jumping jacks, steam engines and a jog around the field.

The group then partnered up to do reflex drills where they would first try to mirror each others’ movements, to help develop their hand-eye coordination and speed.

“I try to have fun fusion workouts that keep things active and exciting for the people doing them,” said Durkin.

The group then participated in a series of 15-meter relay races. Charles Tillman, cornerback for the Chicago Bears football team, assisted during the races.

“The program shows Ma-

rines, our fans, and everyday people the things we do to get ready for the sport,” said Tillman. “It gives the people a small taste of what we do in our jobs.”

After the races, Durkin led them through cool-down exercises and stretches.

Following the cool-down exercises, Durkin explained how important it is to balance and manage one’s life with the stresses of work.

“It is really important for people to get quality ‘mellow-yellow’ time to relax and regenerate their batteries for the next day,” said Durkin. “It is important to come up with a strategy to help balance your life and physical fitness because physical fitness helps you to have a healthy mind and lead the life you desire.”

Participant’s names were entered in a raffle to win prizes at the end of the event. The winners received back packs, and gift certificates for fitness events and T-shirts.



Coast Guard Ensign Marc A. Mares, Sector San Diego, does a clapping push-up as part of Boot Camp Extreme. *Pfc. Jose Nava/Chevron*



Todd Durkin, center, demonstrates how to do squat jumps for the group of participants. *Pfc. Jose Nava/Chevron*



Todd Durkin calls cadence as participants jog around the field outside the Fitness Center. Those who didn’t sing cadence had to do push-ups with the entire group. *Pfc. Jose Nava/Chevron*